

# SHOW-ME ZERO SUICIDE

## MISSOURI OUTCOMES

### INTRO

Missouri was one of sixteen states chosen to attend the first Zero Suicide Academy that was held in Washington D.C. A team from the Missouri Department of Mental Health's Chief Medical Director's office and a representative from a community provider attended the first year. After attending the National Academy, these suicide prevention champions were eager to spread their knowledge to others in order to reduce suicide deaths in Missouri.

These champions helped to push this work forward by creating a 90-day plan for statewide implementation of the Zero Suicide model. This plan included a formal recommendation to Department of Mental Health's Administration for implementation of Zero Suicide within the State's Behavioral Healthcare System.

Once administrative support was achieved; the next step was to present to the Coalition of Community Behavioral Healthcare member agencies and encourage teams to apply for the second Zero Suicide Academy. Department of Mental Health assisted through championing the agencies and providing technical assistance during the application process.

### COMMUNITY BEHAVIORAL HEALTHCARE CENTERS

| 2014 - 2015  | 2016  | 2017   |
|--|---|--|
| <ul style="list-style-type: none"><li>• Missouri Department of Mental Health</li><li>• Ozark Center</li><li>• Behavioral Health Response</li><li>• Crider Center</li></ul> | <ul style="list-style-type: none"><li>• Behavioral Health Response (2 Teams)</li><li>• BJC Behavioral Health</li><li>• Clark Community Mental Health Center</li><li>• Community Counseling Center</li><li>• Compass Health Network</li><li>• Comprehensive Mental Health Services</li><li>• COMTREA</li><li>• Family Counseling Center</li><li>• Independence Center</li><li>• Mark Twain Behavioral Health</li><li>• New Horizons</li><li>• North Central Missouri Mental Health Center</li><li>• Places for People</li><li>• Preferred Family Healthcare</li><li>• ReDiscover Mental Health</li><li>• Truman Medical Center Behavioral Health</li><li>• Adapt of Missouri</li></ul> | <ul style="list-style-type: none"><li>• Amanda Luckett Murphy Hopewell Center</li><li>• Bootheel Counseling Services</li><li>• Burrell Behavioral Health (Springfield)</li><li>• Citizens Memorial Hospital</li><li>• Crittenton Children's Center</li><li>• Department of Mental Health State Operated Facilities (2 Teams)</li><li>• Family Guidance Center</li><li>• Gibson Recovery Center</li><li>• Mercy Hospital Jefferson</li><li>• Mercy Hospital St. Louis</li><li>• Ozarks Medical Center</li><li>• Preferred Family Healthcare</li><li>• Tri-County Mental Health Services</li><li>• Swope Health Services</li></ul> |

# ZERO SUICIDE



## OUTCOMES

32%  
*Decrease*



In suicide deaths among clients served through  
Community Behavioral Healthcare Providers  
from 2015 - 2017

27  
out of  
28

Agencies have adopted written processes related  
to three or more components of the Zero Suicide  
Model and developed written protocols for  
screening for suicide

Agencies provide staff training on screening for suicide  
risk and have policies related to assessment and  
trained staff on assessment processes

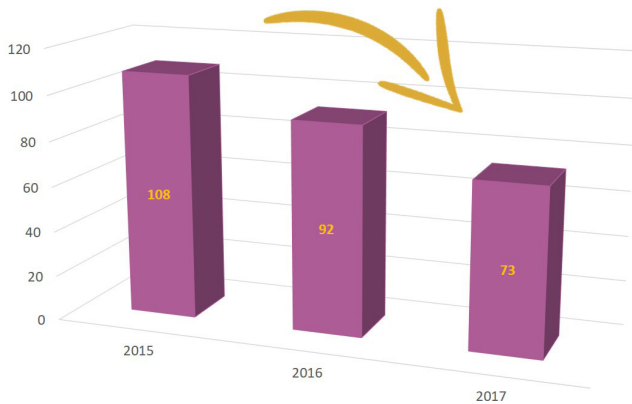
26  
out of  
28



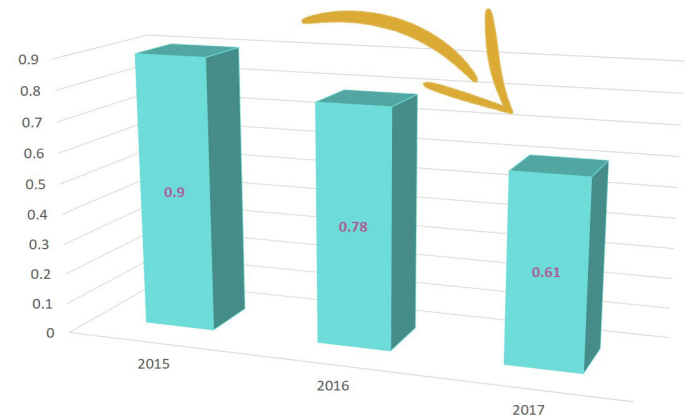
Agencies have embedded suicide risk assessment into their Electronic Health Record (EHR)

## SUICIDE PREVALENCE

# OF DBH CLIENT SUICIDE DEATHS



SUICIDE RATE PER 1,000 SERVED



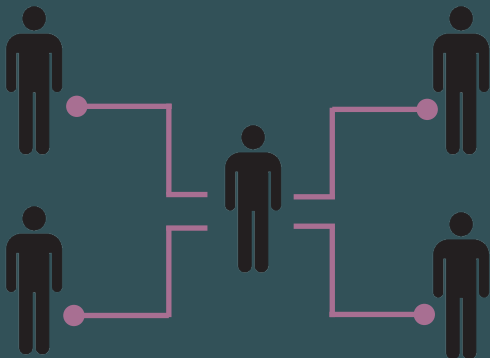
Number of Consumers Served by DBH

2015 | 120,680

2016 | 118,036

2017 | 120,183

## SHOW-ME ZERO SUICIDE LEARNING COLLABORATIVE



Quarterly ongoing Learning Collaborative meetings with the three cohorts to provide training and technical assistance. The collaboratives consist of state and federal suicide prevention updates, agency report outs, training or technical assistance often with guest speakers, and information sharing opportunities.





The Missouri Department of Mental Health, in partnership with the Missouri Coalition for Community Behavioral Healthcare have developed a state wide Missouri Suicide Prevention Network to lead statewide suicide prevention efforts.

## IMPLEMENTATION



*Regional Mental  
Health Services*

Community Counseling Center

After attending the Zero Suicide academy in 2016, we replaced our no-show letters with care cards, which are much more person-centered and don't sound punitive. We also started with educating all staff in suicide prevention appropriate to their role, and we started screening all outpatient consumers for risk of suicide at each session.

At our agency we are updating our electronic medical record to help support the implementation of a suicide care pathway. These updates will allow us more flexibility with respect to having alerts and a way to track interactions with consumers who are on the suicide care pathway. Additionally, a positive score on question nine of the PHQ-9 will trigger the CSSRS. In order to continue with documentation, the PHQ-9 must be completed, and the CSSRS must follow a positive screen.

In 2016, we completed the Zero Suicide Organizational Self-Study and attended a Zero Suicide Academy. From there, we began implementing Zero Suicide by communicating with staff about the Zero Suicide framework and our results from the Zero Suicide Organizational Self-Study.

Help, Hope, and Healing  
*ReDiscover*

We are continuing to work on mastering our process for PHQ-9, C-SSRS and Enhanced Care Protocol amongst all clinical programs and at all locations. We are also continuing to work on an ongoing staff development process within each program for staff to have the tools they need and to be comfortable in asking the questions. We continue to work on addressing stigma both internally and externally about asking someone if they are having feelings of wanting to kill themselves and that it's okay to talk about it.

